

# WHY A FACEMASK?

## FOR PREVENTING COVID-19 TRANSMISSION

**Navajo Nation Public Health Emergency  
Order 2020-007** (Effective April 17, 2020)

Requiring all individuals (2 years old and older) on the Navajo Nation to wear protective masks in public to help prevent the spread of COVID-19.

Mask is a covering designed to filter one's breathing through both the nose and mouth. A mask must snugly cover the face and around the nose and mouth to prevent the wearer from breathing unfiltered air. Mask can be commercially-made or a homemade cloth face covering.

- Remember to stay 6 feet apart from others in public.
- Public means any area outside your home.
- Avoid contact with people who are sick.
- Wash your hands with soap and water for at least 20 seconds/or sanitize your hands.
- Avoid touching high-touch surfaces in public.
- Wear gloves/use tissue/use t-shirt sleeves to cover your hands or fingers if you touch something.
- Clean and disinfect purchased food and household items.
- Clean and disinfect your home and vehicles to remove germs.
- Only one person in the household should make a trip for food/household necessities.



**Very High**



**High**



**Low**



6 feet distance



**Very Low**



**STAY  
HOME**



Navajo Health Command Operation Center

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[www.ndoh.navajo-nsn.gov/COVID-19](http://www.ndoh.navajo-nsn.gov/COVID-19)

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